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Weekly Bulletin

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Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912.

Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. V, No. 24 July 24, 1926 GUY P. JONES EDITOR

Keeping The Runabout Child Well.

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Prevention is a simple matter during infancy. It becomes a complex one, however, as soon as the infant begins to toddle around and play with other children. Many, in fact, most ailments can be prevented if measures to this end are taken when "runabouts" begin to be active and make social contacts.

A careful physical examination should be the first step. This is an ounce of prevention that ought to be worth more than a pound of cure. The physician can advise as to diet, sleeping and play hours, hygiene, etc., as well as discover defects hitherto unnoticed. Defects should be corrected before they are a menace to the child's health.

Most school children have one or more carious teeth and even younger children have neglected cavities. Sound teeth bulk large in adult health and the foundation for sound teeth is laid during the first six years of life. Damage done in these early years can never be wholly repaired. The first teeth are laid down during pregnancy and the nursing period, and the mother's diet is the important point here. The second teeth are being formed and enamelled as the first ones are being erupted, hence sound, permanent teeth depend on their temporary predecessors. A high mineral diet which contains salts, iron and vitamins, milk, leafy vegetables and fruits for example, is not only a benefit to the teeth but accelerates the development of the bones and muscles as well. Food low in minerals and high in starch and carbohydrates, bread, candy, potatoes, etc., should have a secondary place in the diet.

Money is well spent in caring for the first teeth. Neglected cavities in temporary teeth are likely to spread to the incoming permanent set beneath. Never extract first teeth until absolutely necessary. Premature extraction is likely to change the shape of the jaw and the second teeth, instead of replacing the first in a normal way, are pushed to one side and may grow in crooked, or, by crowding, alter the shape of the jaw. What if the fillings do fall out; better to replace them than to extract the teeth or allow the cavity to spread. Cavities are excellent incubators for harmful bacteria. They are warm, dark places usually containing scraps of food on which bacteria can thrive.

Enlarged tonsils and adenoids are also breeding spots for diseases of all kinds, the contagious ones particularly. What causes infected and enlarged tonsils and adenoids is often a problem. Lack of fresh air and improperly ventilated and overheated rooms are conducive to infected tonsils. Continual colds can produce a chronic infection of the tonsils. Thumb sucking and pacifiers evidently play a part in the appearance of adenoids. There should be no questions as to the removal of tonsils and adenoids if the child is subject to repeated infections, colds, tonsilitis, etc., and is continually below par. After

removal of tonsils and adenoids be sure that the child is taught to breathe properly. With a stopped-up nose he is bound to breathe through his mouth and once the habit is established it may continue even with a clear nasal passage. Breathing through the nose means that the lungs get air properly warmed and sifted ready for use, not cool and filled with dust and bacteria when it reaches its destination via the mouth.

Certain contagious diseases are absolutely preventable now and parents should be ashamed to have their children catch them. Thanks to the many cults and anti-vaccination societies smallpox has so increased in California that we now rank with Russia in the number of cases of this deadly disease. Vaccinated children do not contract smallpox and the unvaccinated individuals who do have it suffer from a very virulent form of the disease which usually terminates fatally. All children should be vaccinated at the age of one year and certainly no child should be allowed to enter school without this protection.

Diphtheria, when not fatal, generally results in definite physical damage and failure to obtain immunity for your children is nothing short of criminal today. Three immunizing doses of toxin-antitoxin usually confer immunity but this can be ascertained by a Schick test six months after the final dose of toxin-antitoxin. These are harmless injections, not very painful and seldom followed by any reaction, except perhaps a slight fever, and redness at the site of the injection.

The more common contagious diseases, measles and whooping cough for instance, so often commence or follow an ordinary cold that every effort should be made to prevent them. Members of the family with colds should not be allowed to come into close contact with the little child, neither should the latter be allowed to circulate among other children when suffering from a cold.

Prevention of diseases and defects may seem difficult but intelligent care and forethought simplify the problem. Every birthday the child reaches after a year free from ailments is a big step forward toward a normal existence during adult life.

Practically every case of cancer of the skin can be cured, if detected early enough and treated properly. In early and prompt treatment lies the hope of cure for cancer of the skin as well as all other locations.—W. F. Wild, M.D.

Western Large Cities Best For Infant Lives.

The 1925 statistical report of infant mortality in cities of the United States, just issued by the American Child Health Association, indicates that Pacific coast large cities have lower infant mortality rates than large cities in other parts of the country. San Francisco, Oakland, Seattle, Portland, Tacoma and Salt Lake City are included among those cities having the lowest infant mortality rates. Since this enviable record is made consistently, year after year, it is apparent that the saving of infant lives in these cities is based upon conditions that are preeminently favorable to babies. There are many factors that have to do with making low infant mortality rates, and to cite any one of them as of first importance would be fallacious. These cities sponsor and support, continuously, activities for the promotion and maintenance of infant welfare. The records prove that this work produces results. To state, with full assurance, that babies are more likely to live through the precarious first year of their existence, if they are fortunate enough to be born in one of these Pacific coast cities, is a privilege of which their residents may with full justification be very proud.

Following is the table issued by the American Child Health Association, showing the cities of the United States which had the highest and the lowest infant mortality rates in 1925:

1925 STATISTICAL REPORT OF INFANT MORTALITY IN CITIES OF THE UNITED STATES. CITIES WITH LOWEST AND HIGHEST RATES.

Population over 250,000.

Lowest	
Birth registration area—	
Seattle, Wash.	45
Portland, Ore.	46
San Francisco, Cal.	55
Death registration area—	
St. Louis, Mo.	67
Highest	
Birth registration area—	
Washington, D. C.	87
Buffalo, N. Y.	86
Boston, Mass.	85
Death registration area—	
New Orleans, La.	98

Population 100,000—250,000.

Lowest	
Birth registration area—	
Salt Lake City, Utah	45
Oakland, Cal.	52
Cambridge, Mass.	53
Death registration area—	
Fort Worth, Tex.	76

Highest

Birth registration area—

Norfolk, Va.	97
Fall River, Mass.	90
Richmond, Va.	90

Death registration area—

San Antonio, Tex.	125

Population 50,000—100,000.

Lowest

Birth registration area—

Union City, N. J.	38
Brockton, Mass.	39
Tacoma, Wash.	44

Death registration area—

Little Rock, Ark.	75

Highest

Birth registration area—

Huntington, W. Va.	110
Chester, Pa.	105
New Britain, Conn.	103

Death registration area—

Charleston, S. C.	143

Population 25,000—50,000.

Lowest

Birth registration area—

Oak Park, Ill.	35
Malden, Mass.	40
Everett, Mass.	41

Death registration area—

Montgomery, Ala.	58

Highest

Birth registration area—

Pensacola, Fla.	124
Petersburg, Va.	123
Lewiston, Me.	121

Death registration area—

Columbus, Ga.	118

Population 10,000—25,000.

Lowest

Birth registration area—

Stonington, town, Conn.	32
Winona, Minn.	32
Forest Park, Ill.	33
Cuyahoga Falls, Ohio	33

Death registration area—

Boise, Idaho	57

Highest

Birth registration area—

Martinsburg, W. Va.	156
Shenandoah, Pa.	145
Wilson, N. C.	145

Death registration area—

Jefferson City, Mo.	133

With the increasing knowledge of psychology and especially of child psychology, there is ground for hoping that in this field we shall, in the early future, witness progress on the moral plane of hygiene, which will render further advance on the physical plane immeasurably easier and more complete.—Sir 'Arthur Newsholme.

Hints For Vacationists.

The Detroit Health Department offers the following health suggestions to vacationists:

1. Don't drink water which you do not know is safe. The appearance of water is no criterion of its purity. Unless you know the water has been tested by a reputable laboratory and pronounced safe, boil it before drinking.

2. Use the same care in selecting a place to swim as you would in choosing a drinking water. A considerable amount of typhoid fever is contracted through swimming in water which looks all right but which is in reality polluted.

3. Don't go swimming until a good swimmer has first determined the depth of the water and where the deep water begins. Always have a good swimmer to watch those who can not swim.

4. Be very careful of the milk you drink, most especially of the milk you give the children. Wherever possible get pasteurized milk. If you can not get it, boil or pasteurize it yourself.

5. Choose the spot for your vacation on some high ground where the wind may reach it. The wind will not only make it cooler but will help materially in keeping away flies and mosquitoes. Low marshy places should be avoided on account of mosquitoes.

6. Make your vacation just as different from your daily routine as possible.

Our ideal is not only a child free from disease, it is also a child made free to develop to the utmost his capacity for physical, social and mental health. This means liberty to grow, the modern idea of education. Since conditioned environment is essentially the basic feature of our best modern education programs, the conditioning of the child's environment from babyhood to adolescence, with respect to food, clothing, housing, fresh air, baths, exercise and rest, must be considered his elementary right. But the development of standards with respect to these things in relation to the child's health should be by the best scientific and educational authorities.— Herbert Hoover.

MORBIDITY.*

Diphtheria.

91 cases of diphtheria have been reported as follows: Oakland 4, Fresno County 2, Los Angeles County 16, Huntington Park 1, Long Beach 1, Los Angeles 43, Whittier 1, Monterey County 1, Orange County 3, Riverside County 2, Sacramento 2, San Diego 3, San Francisco 6, San Luis Obispo 1, Tehama County 1, Fillmore 4.

Measles.

228 cases of measles have been reported as follows: Alameda County 4, Alameda 2,

(*From reports received on July 19th and 20th for week ending July 17th.)

Albany 6, Berkeley 4, Oakland 58, San Leandro 2, Fresno County 3, Fresno 3, Bakersfield 2, Los Angeles County 3, Burbank 1, Long Beach 18, Los Angeles 5, Pasadena 3, Santa Monica 1, Sierra Madre 2, Madera County 3, Fullerton 2, Plumas County 1, Sacramento 1, Ontario 1, San Diego 11, San Francisco 66, San Luis Obispo County 2, San Mateo County 2, Burlingame 2, Redwood City 1, Santa Clara County 8, Palo Alto 2, Watsonville 1, Benicia 1, Sonoma County 3, Tulare County 1, Oxnard 3.

Scarlet Fever.

63 cases of scarlet fever have been reported as follows: Oakland 1, Fresno County 2, Fresno 1, Kern County 1, Bakersfield 1, Los Angeles County 3, Alhambra 2, Huntington Park 1, Long Beach 6, Los Angeles 17, Pasadena 1, Redondo Beach 1, Santa Monica 1, Signal Hill 1, Orange County 1, Santa Ana 2, Riverside 1, Ontario 1, Redlands 1, San Diego 4, San Francisco 5, Stockton 3, Santa Maria 1, Santa Clara County 1, Solano County 1, Yuba City 1, Red Bluff 2.

Smallpox.

21 cases of smallpox have been reported as follows: Alameda County 1, Oakland 11, Richmond 1, Eureka 1, Los Angeles 3, Roseville 1, San Joaquin County 3.

Typhoid Fever.

12 cases of typhoid fever have been reported as follows: El Monte 1, Huntington Park 1, Los Angeles 3, Southgate 1, Madera 1, Sacramento County 2, San Bernardino County 1, San Joaquin County 1, California 1.

Whooping Cough.

63 cases of whooping cough have been reported as follows: Oakland 12, Los Angeles County 8, Alhambra 2, Long Beach 4, Los Angeles 15, Monrovia 4, Pasadena 3, San Bernardino County 1, San Diego 4, San Francisco 1, Santa Barbara County 2, Santa Clara County 2, Turlock 4, Tehama County 1.

Meningitis, Epidemic.

4 cases of meningitis epidemic have been reported as follows: Fresno 1, Sacramento 1, San Bernardino County 1, San Joaquin County 1.

Poliomyelitis.

2 cases of poliomyelitis have been reported as follows: Monrovia 1, Sacramento 1.

Encephalitis, Epidemic.

2 cases of encephalitis epidemic have been reported as follows: Santa Ana 1, San Francisco 1.

Paratyphoid Fever.

1 case of paratyphoid fever has been reported from San Bernardino County.

COMMUNICABLE DISEASE REPORT.

	1926				1925			
	Week ending			Reports for week ending July 17 received by July 20	Week ending			Reports for week ending July 18 received by July 21
	June 26	July 3	July 10		June 27	July 4	July 11	
Anthrax	0	0	0	0	0	0	0	0
Chickenpox	138	118	100	67	105	71	71	48
Diphtheria	104	114	107	91	61	83	62	55
Dysentery, Bacillary	1	7	1	1	1	2	5	0
Encephalitis, Epidemic	1	6	2	2	1	4	8	2
Gonococcus Infection	67	111	94	111	65	95	90	61
Influenza	1	5	3	4	13	12	5	6
Jaundice, Epidemic	0	0	0	0	0	0	0	0
Leprosy	0	0	1	0	0	1	1	1
Malaria	2	1	3	1	2	5	2	1
Measles	357	330	270	228	53	34	34	34
Meningitis, Epidemic	3	6	7	4	1	0	3	1
Mumps	133	83	81	66	120	80	83	57
Paratyphoid Fever	0	1	1	1	2	0	0	0
Pneumonia, Lobar	31	89	14	22	28	36	66	15
Poliomyelitis	4	3	4	2	25	22	29	41
Rabies (animal)	9	2	11	5	4	1	2	0
Rabies (human)	1	0	0	0	0	0	0	0
Rocky Mt. Spotted Fever	0	0	0	0	0	0	0	0
Scarlet Fever	133	90	73	63	63	66	60	42
Smallpox	16	6	17	21	104	63	67	49
Syphilis	72	148	145	106	92	179	70	109
Tetanus	1	0	0	2	1	0	2	0
Trachoma	3	0	0	2	4	0	0	0
Trichinosis	0	0	1	0	0	0	0	0
Tuberculosis (all forms)	180	219	148	173	181	215	135	132
Typhoid Fever	25	25	24	12	13	22	20	16
Typhus Fever	0	0	0	0	0	0	0	0
Whooping Cough	43	94	62	63	197	168	244	153
Totals	1,325	1,458	1,169	1,047	1,136	1,159	1,059	823

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45953 7-26 3850